



ArtsGram

A Daily Publication of the 2003 National Veterans Creative Arts Festival

Sunday, October 12, 2003

The Best Part of My Visit Was...

When asked to name their favorite aspects of the 2003 National Veterans Creative Arts Festival, our roving ArtsGram reporters got a variety of answers. Here's what a few of this year's participants had to say...



"...I enjoyed the Cowboy Museum and pow-wow. That's my kind of art!"

— **Dean Palma**, St. Cloud, Minn.

"To see the people and the reaction of the other artists. Everybody is so congenial, so easy to get along with. You're not a stranger anyplace. It was more than I dreamed. I never thought I could handle it. I never believed the stories they would tell me. Now, I believe."

— **Bob Walfoort**, Minneapolis, Minn.



"My very best experience at this Festival was just meeting all these wonderful people. Because we live in Hawaii and are separated by a big old Pacific Ocean, we only get to see different people when we see them as visitors. What's amazing is because we're known as Native Hawaiians, I got to see Native Americans. *Mahalo*." (picture – Serfinia giving the Hawaiian shaka sign meaning everything is all right).

— **Ralph Serfinia**, Ohau, Hawaii

"...comradeship and seeing the changing of the production from the very beginning, when you didn't know what to expect and all of a sudden you got this rough hunk of coal. Now, they are knocking off the rough edges and finding a diamond underneath. This was one of the most awesome experiences I have ever had."

— **John Botsford**, Fond du Lac, Wis.



See "Visit," cont'd on page 4

"Hitch your wagon to a star."
— Ralph Waldo Emerson

Music Performance Trust Funds Proudly Co-sponsors the Festival



The Recording Industries Music Performance Trust Funds (MPTF) was created in 1948 under agreements between the recording industry and the American Federation of Musicians, to present admission-free, live instrumental performances in connection with patriotic, educational, charitable and civic occasions.

Today, the Recording Industries Music Performance Trust Funds (MPTF) promotes and sponsors free, live instrumental musical performances, and enhances music appreciation and education. The MPTF hosts thousands of programs every year from small towns to major cities.

Administered by an independent trustee, Noel B. Berman, and headquartered in New York City, the MPTF presents programs of many venues, with emphasis on quality and an awareness of today's musical tastes. Programs range from classical to country-western, from renaissance to rock; they include disco, Dixieland, blues, jazz, Afro, Latin and a wide range of other ethnic music.

The MPTF takes pride in funding the National Veterans Creative Arts Festival, which showcases as well as honors the unique creative talents of our nation's veterans. Our live stage show would not be the phenomenal event it is each year without the orchestral accompaniment generously provided by the Recording Industries Music Performance Trust Funds.



MPTF orchestra with this year's Festival chorus.

Their organization actually has been associated with our program since 1981, the first year of the VA "Music Festival," which makes the MPTF our longest-running sponsor.

Not only does the organization sponsor our event, but the MPTF makes possible literally hundreds of individual performances of instrumental music in dozens of VA facilities throughout the nation each year.

According to Noel B. Berman, "The Veterans Creative Arts Festival is a truly outstanding undertaking. For the musicians who are privileged to participate, it is an inspiring experience. For the Music Performance Trust Funds, it is a source of considerable pride, a rare event that enables us to be part of a remarkable affirmation of the dignity, talent and optimism that our country's veterans exemplify. Even though the MPTF has always been an active and enthusiastic sponsor of programs for veterans, I don't think we can ever do enough."



Introducing Jenifer Reynolds –

Mistress of Ceremonies for the 2003 National veterans Creative Arts Festival

Jenifer Reynolds is a native Oklahoman and a 20-year veteran of the broadcast news industry, both in TV and radio. Her career began at KOSU-FM, while a student at Oklahoma State University. During Reynolds' time there, the station earned the Dupont Columbia Award, which is the broadcast industry equivalent of the Pulitzer Prize, for a series of stories on which she reported. She currently hosts the statewide TV program, "Discover Oklahoma," and is part of the "Rick & Brad" morning team on KATT-FM.

Reynolds has earned a variety of local, regional and national awards during her career, including the Lifetime Achievement Award from American Women in Radio and Television. It is an honor and privilege to welcome Jenifer Reynolds in her role of Mistress of Ceremonies for the 2003 National Veterans Creative Arts Festival.



Ms. Derek (center) views the winning entry in wire art category at a previous Creative Arts Festival.

Welcome Back, Bo Derek –

National Honorary Chairperson for the Department of Veterans Affairs National Rehabilitation Special Events

Running on the beach in the 1979 smash hit movie “10,” Bo Derek entered American pop culture and became the standard for the “perfect 10 beauty.” More than two decades later, she has proven that her beauty goes much deeper, devoting her time to caring for other people – and animals as well.

In 2002, Ms. Derek was bestowed by the Special Forces Association with the distinction of honorary Green Beret – one of only four other Americans to have been so recognized.

It is Ms. Derek’s love for the Armed Forces that inspires her to perform the duties of National Honorary Chairperson for the Department of Veterans Affairs National Rehabilitation Special Events with passion and ease, taking time to meet and encourage veterans, one-by-one.



Photos from the Festival





Beating the Butterflies – Overcoming Stage Fright



Whether you're performing a violin solo, dancing with a partner, or making your theatrical debut, stage fright is a very real problem for many performing artists. No matter if you're alone on stage or sharing it with dozens of others, stage fright can be reduced or even eliminated.

It's natural to get a little nervous about performing in front of others, but if you've got a really bad case of stage fright, you might want to take a look at the following tips to prevent you from being too nervous.

- ◆ Accept that stage fright is a natural reaction to performing in front of an audience.
- ◆ Decide ahead of time what you might do if something goes wrong.
- ◆ Imagine the absolute worst thing that could happen to you if things went terribly wrong. Now, estimate the chances of that really happening. It's probably really low.
- ◆ Make sure you know your lines well.
- ◆ Eat lightly before your performance and avoid foods that are known to upset your system.
- ◆ Realize that stage fright is generally about the anticipation that builds up before the performance, and once you get out on stage, the nervousness typically goes away.
- ◆ A simple exercise to do before getting on stage or going out to meet the audience is to make a visual run-through of yourself in whatever role you're performing. Incorporating this with slow, deep breathing can help you.
- ◆ Relax, have fun, and enjoy the performance!



"Visit," cont'd from page 1



"I am completely overjoyed to be here. I am 88 years old and I don't have the stamina to do what I would like to do. The people are fantastically wonderful, everyone you meet. To me, it is like being in paradise. And I wish everyone was like this every day of our lives, because there is so much love that permeates the whole atmosphere."

– **Thomas Manning**, Albany, N.Y.



"I really enjoyed meeting everyone over again and the warmth of the local people. It was also nice that the Festival was more laid back. My only complaint is TOO MUCH CHICKEN!"

– **Edsel Duty**, Waverly, Ohio



"I am really impressed with Oklahoma City's spaciousness and cleanliness. I have enjoyed the chance to get back in the military environment and spend time with other veterans. The Festival was well-organized. I loved the Cowboy Hall of Fame."

– **Donald "Ed" Edmondson**, Prescott, Ariz.



Medical Support Room

The Medical Support Room is in room 1111. If you have a medical concern or issue, please contact your team leader. Medical support has a registered nurse on duty 24 hours a day. You can call the nurse at extension 1111 or go directly to the room.

Meet with Your Team Leader

Today's meetings will be at 11:30 am on the second floor.

Hospitality Room

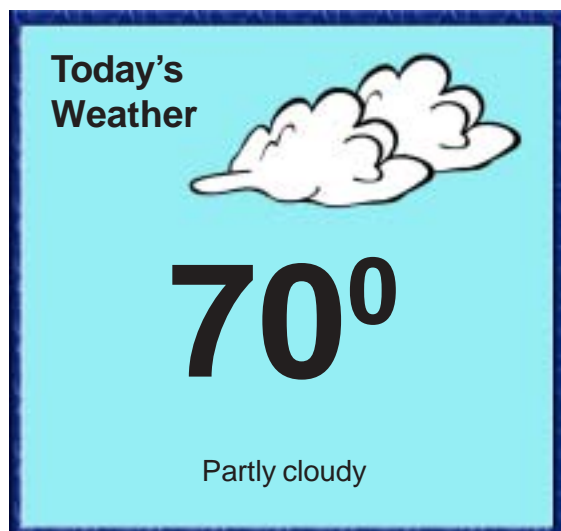
The Hospitality Room, manned by friendly volunteers, offers snacks, soft drinks, juices, and coffee for all Festival participants, staff and volunteers. It will remain open today from 9 am to 10 pm in room 318.

Transportation to the Airport on Monday (Tomorrow!)

Be sure to be in the hotel lobby with all luggage packed, identified and not locked at least two and a half hours before your flight departure time tomorrow. Transportation has been arranged to get you to the airport.

Check It Out!

The Web site for the Festival is:
www.va.gov/vetevent/caf/2003



Sunday, October 12

Brunch (8:00 - 11:00 am)

Assorted Fruit Juices
Seasonal Sliced Fruit
Imported and Domestic Cheeses
Miniature Pastries

Warm Rolls with Butter
Assorted Field Greens with Dressings
Shrimp Tortellini Salad
Baked Potato Salad
Marinated Vegetable Salad
Belgian Waffles with Maple Syrup
Poached Salmon
with Saffron Cream Sauce
Cilantro Lime Chicken
with Roasted Corn Relish
Starbuck's Coffee

Dinner

Southwestern Cobb Salad
Chef's Selection of Vegetable
Choice of:
Filet Mignon with Mushroom Caps
and Bearnaise Sauce
- or -
Mediterranean Tilapia Filets
with Sun-dried Tomatoes,
Artichokes, and Fresh Basil
and Creamy Bechamel Sauce
- or -
Vegetarian Choice
Turtle Cheesecake or Passion Berry Duo
Starbuck's Coffee or Iced Tea

TODAY'S SCHEDULE

ARTISTS

PERFORMERS

7 am

7:30

8

8:30

9

9:30

10

10:30

11

11:30

Noon

12:30

1

1:30

2

2:30

3

3:30

4

4:30

5

5:30

6

6:30

7

7:30

8

8:30

9

9:30

10

10:30

11

8:00 – 11:00 am

Brunch

– Westin Hotel, Century Ballroom

9:30 am – Interfaith Service

– Kiamichi Room

11:30 am – Meet with Team Leader

Noon – Depart for Rose State

College Performing Arts Theater

1:00– 1:45 pm

Artists discuss their work with
audience members

2:00 – 4:45 pm

Stage Show performance
– Performing Arts Theater

4:45 – 5:45 pm

Reception in theater lobby
– Performing Arts Theater

5:45 pm – Depart for hotel

7:00 – 9:30 pm

Closing celebration dinner and
remarks

– Westin Hotel, Century Ballroom

9:30 pm – Social time, dancing and
Karaoke Finale

– Westin Hotel, Century Ballroom

8:00 – 11:00 am

Brunch

– Westin Hotel, Century Ballroom

9:30 am – Interfaith Service

– Kiamichi Room

11:30 am – Meet with Team Leader

Noon – Depart for Rose State

College Performing Arts Theater

12:30 – 1:00 pm – Chorus warm-up
on stage

1:00 pm – Performers into costume
and make-up

1:50 pm - All performers on stage

2:00 – 4:45 pm

Stage Show performance
– Performing Arts Theate

4:45 – 5:45 pm

Reception in theater lobby
– Performing Arts Theater

5:45 pm – Depart for hotel

7:00 – 9:30 pm

Closing celebration dinner and
remarks

– Westin Hotel, Century Ballroom

9:30 pm – Social time, dancing and
Karaoke Finale

– Westin Hotel, Century Ballroom

“Hitch your wagon to a star.” - Ralph Waldo Emerson